

HARFORD COUNTY SENIOR CENTERS

LUNCH MENU - FEBRUARY 2018

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is served at 12:00 p.m. in the dining room. An 8 oz. carton of milk is served with each meal. Lunch cost: Age 60 and over: \$2.25 is the requested minimum donation. Under Age 60: There is a \$4.00 charge for lunch. <i>Vegetarian lunch option is available; Please see the front desk for details and to sign up.</i>				1. MEATLOAF w/Gravy Mashed Potatoes Peas & Pearl Onions Cinnamon Apples Whole Wheat Bread Orange Juice	2. PULLED PORK BBQ SANDWICH Baked Beans Fresh Cole Slaw Pineapple Tidbits Grape Juice
5. CHICKEN PICATTA Parslied Noodles Carrots & Peas Mandarin Oranges Whole Wheat Bread Fruit Punch	6. ROAST PORK LOIN w/Tarragon Mustard Sauce Mashed Potatoes Steamed Carrots Cinnamon Apples Whole Wheat Bread Yogurt Pineapple Juice	7. HUNGARIAN BEEF GOULASH Buttered Noodles Peas & Onions Diced Pears Whole Wheat Bread Apple Juice	8. ITALIAN SAUSAGE SUB Tuscan Bean Salad Romano Blend Vegetables Blueberry Crisp Orange Juice	9. CHICKEN BREAST w/White Wine Parsley Sauce Brown Rice Pilaf Stewed Tomatoes Fresh Apple Slices Dinner Roll Pineapple Juice	
12. ROAST TURKEY w/Gravy Mashed Potatoes Seasoned Spinach Whole Orange Whole Wheat Roll Apple Juice	13. COTTAGE CHEESE COLD PLATE Peach, Pear & Pineapple Lettuce & Grape Tomatoes Wheat Crackers Multi-Bean Soup Apple Juice	14. (SL) Sign up by 2/7 ROAST BEEF EYE OF ROUND w/Au Jus Tossed Salad w/Ranch Dinner Roll Green Bean Casserole Cherry Pie Whipped Topping	15. MEATLOAF w/Gravy Mashed Potatoes Seasoned Greens Pickled Beets Whole Wheat Bread Yogurt Pineapple Juice	16. HOT CORNED BEEF w/Swiss on Rye Bread Fresh Cole Slaw Spicy Brown Mustard Dilled Baby Carrots Diced Peaches	
19. ALL SENIOR CENTERS ARE CLOSED FOR PRESIDENTS' DAY	21. POPPY SEED CHICKEN CASSEROLE Broccoli Cuts Black Eyed Pea Salad w/Basil Garlic Dressing Whole Orange Whole Wheat Bread Apple Juice	21. SLOPPY JOE SANDWICH Dilled Carrots Fresh Pepper Slaw Cinnamon Apples	22. ROASTED PORK LOIN w/Apple Cranberry Glaze Broccoli Cheese Casserole Mashed Potatoes Whole Wheat Road Cucumber/Tomato Salad Diced Pears	23. TERIYAKI CHICKEN BREAST Vegetable Fried Brown Rice Diced Pineapple Seasoned Greens Whole Wheat Bread Tomato Juice	
26. BRAISED SWISS STEAK w/Chasseur Sauce Yellow Rice Pilaf Seasoned Greens Whole Wheat Bread Cherry Crisp Yogurt	27. BAKED HAM Green Bean Casserole Sweet Potatoes Broccoli Slaw Dinner Roll Pineapple Juice	28. TURKEY FLORENTINE Casserole w/Spinach Whole Grain Noodles Whole Orange Whole Wheat Bread Fruit Punch	If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk. Vegetarian lunch option is available; Please see the front desk for details and to sign up. <i>All meals are catered by Business Food Solutions, Inc.</i>		

MEAL RESERVATION PROCESS

To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. **TWO (2)** working days in advance.

To order a meal designated as a "Special Lunch" (SL) (February 14th), add your name to the Lunch Sign-up Sheet no later than 10:00 a.m. **FIVE (5)** working days in advance.

Barry Glassman
Harford County Executive

Amber Shrodes
Director
Dept. of Community Services

Office on Aging
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